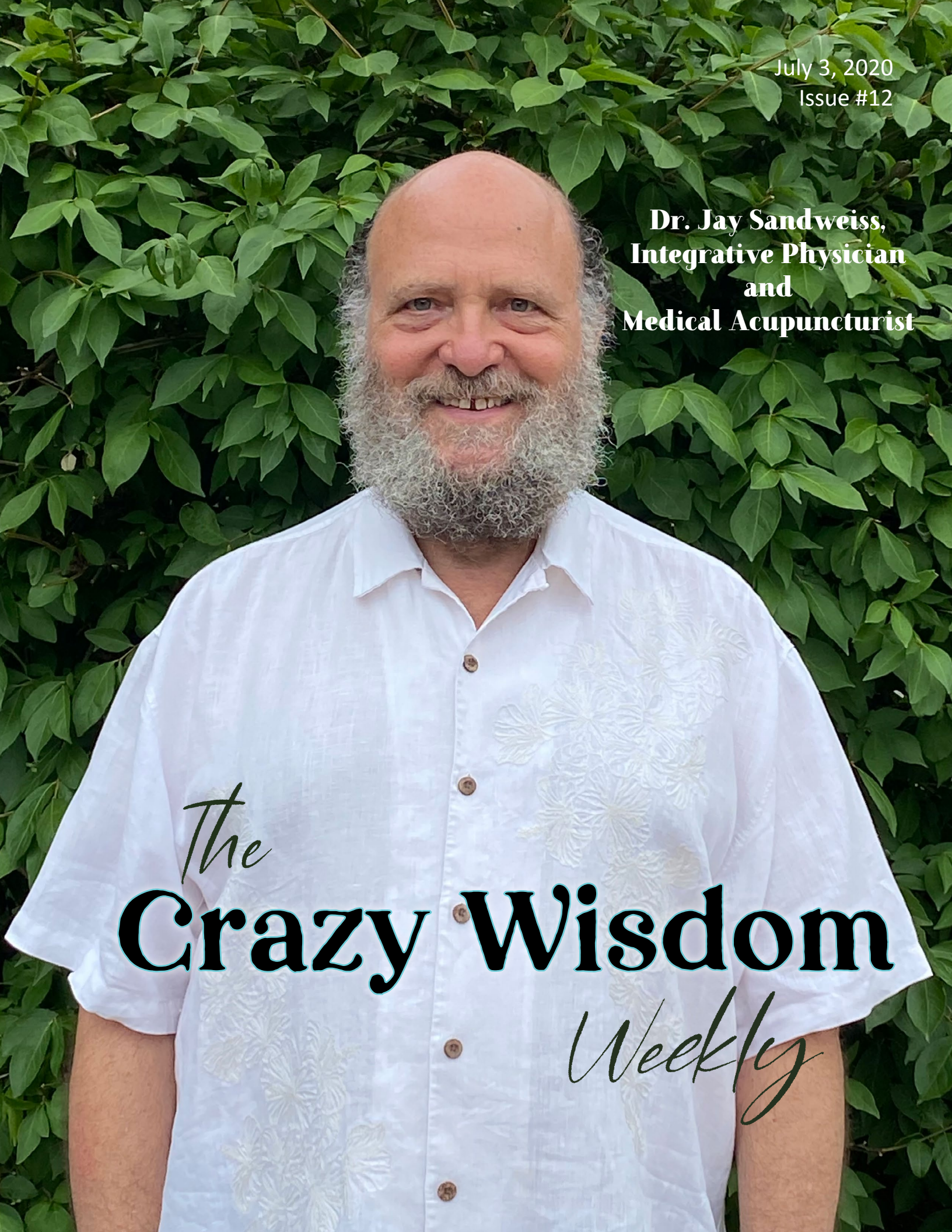
July 3, 2020
Issue #12



**Dr. Jay Sandweiss,
Integrative Physician
and
Medical Acupuncturist**

The Crazy Wisdom Weekly

shining a light in the dark
Published by the *Crazy Wisdom Community Journal* during the Pandemic.

The Crazy Wisdom Weekly

A Letter From Our Editor

Seems like the dog days of summer have settled in early this year. I always thought that they were called dog days because it was so dog-gone hot that everyone just lazed around in the shade. Come to find out, the dog days of summer, refers to the rising of the constellation, Sirius.

To the ancient Greeks and Romans, the "dog days" (which occur when the constellation Sirius appears to rise in the sky just before the sun in late July), referred to the hottest time of the year—a period thought to bring fever, or even catastrophes like war or a natural disaster. It makes one ponder, doesn't it?

One of my favorite sights to see on a hot summer night are fireflies. The puppy is fascinated by these sparkling bugs—chasing them and then being very confused when the light goes off and she can't find them. It's entertaining to watch, until the mosquitos start feasting.

Another of my favorite things to do in the summer is to catch a shooting star. Late July will bring us plenty of meteoric shower shows. You can find a list of shower dates on the American Meteor Society web page.

If you like star gazing, you can find a summer constellation map on the constellation guide website. There are also apps for stargazing on your smart phone. You just point your phone up to the sky and the app tells you what you are looking at. One of my favorite apps is Sky Guide. It has some nice music, includes the legends and mythology behind the constellations, and gives you information about other happenings in our universe, like the day the Earth reaches it aphelion (the day the sun is the farthest away from our planet), happening this year on July 4th. The following day we will be having a lunar eclipse and our area is in a favorable position to see the whole event.

We won't be having fireworks this year, but we have plenty of reasons to look up into the heavens! Happy sky gazing!

Jennifer Carson

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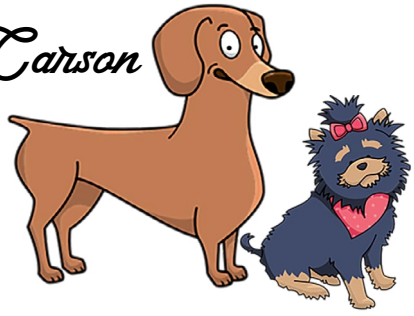

Bronwen Gates, Ph.D.

Herbalist, scientist, poet and intuitive
who seeks to facilitate balance,
harmony and transformation
for students and clients alike.

bronwengates.com

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Please read our parent publication, *The Crazy Wisdom Community Journal*. You can find online archives on our website, crazywisdomjournal.com. *The Crazy Wisdom Journal* has been published three times a year since 1995.

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Thank you to our contributors for this issue:

San Slomovits
Angie Martell
Dr. Jay Sandweiss
Pauline Loewenhardt
Yvonne Tomei
Angela Madaras
Ani Daher
Carol Karr
Sarah Newland
Jennifer Carson
Bill Zirinsky

Word of the Week:

Brontide

The low rumble of distant thunder.

Because of Covid-19, we didn't publish our usual springtime *Crazy Wisdom Community Community Journal* in mid-April. We will publish our fall issue on schedule. In the meantime, we created a weekly online version—short, and lively, and perhaps a mild distraction for our local and regional readership. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, favorite places for socially distant walks, news of your dogs, whatever. Send your submission to Jennifer@crazywisdom.net.

The Right Hand Does Not Know

By San Slomovits

Thoughts about George Floyd and the events that have followed his murder have been crowding my mind. I haven't known what to say, haven't known if I had anything helpful to say, haven't been sure that saying anything at all was what was needed. I thought my daughter might be right when she said, "I think it's our turn to listen now, not to talk." But I also know that silence, too, says something. As Martin Luther King Jr. said, "There comes a time when silence is betrayal."

I was stacking firewood a few days ago; wood I'd cut and split last fall. I'd had no room in my wood racks, so I'd left a pile uncovered. The racks were empty now, ready to be filled for next winter.

I've heated mostly with firewood for over thirty years. I've cut, split and stacked a lot of firewood. When I stack, I pick up pieces from the split pile with my right hand, transfer them to the crook of my left arm, and repeat until I have a load resting between my forearm and chest. Then I reverse the process as I stack the wood in the racks.

When I began stacking the other morning, my right hand was sore. It hurts sometimes; maybe my age, maybe fifty years of guitar playing, maybe the stacking I'd done the day before. So, I began picking up chunks with my left hand instead and transferred them to my bent right arm. And quickly discovered that while my left hand was not immediately adept at picking up pieces, it managed okay. It's done similar things before, including gripping chords on my guitar neck. My right hand, however, was another story. It felt awkward securing and carrying the load. I kept dropping pieces of wood. I realized that in all these years of stacking firewood, my right hand had literally not known what my left had been doing.

As I kept stacking, my mind—its focus now redirected from the task at hand by this small insight—kept returning to George Floyd and to thoughts about all the old ways that need to change—because they hurt. And how hard it has been—and continues to be—to make those changes.

I kept stacking and my right hand and arm gradually learned, though the new way still didn't feel comfortable or natural. Several times I found, as I bent to pick up a hunk of wood, that I was reaching for it with my right hand and readying my left to receive the load. I had to stop each time and remind myself to keep trying the new way, rather than go back to my old familiar system.

What is taking place on our streets, in our country, and even throughout the world today—sparked by George Floyd's murder, but also by what has been going on here for centuries—is monumental, serious, complex, and tragic. I am certainly not equating the simplicity of relearning how to do a trivial task like stacking firewood, with the vast undertaking before us, of learning a new way of living with each other. Nor am I so presumptuous as to think that my modest allegory explains or instructs just how to do that. No small story can possibly do justice to that Memorial Day tragedy, and to the enormousness of the tragedies that have played out in our country for so long. My wood stacking merely reminded me, graphically, that when there's pain—and there's been so much pain, for so long—things need to change. Those changes will take some getting used to and will be uncomfortable, at the very least. But it's painfully evident that our country, our people—all our people—need new ways of carrying and distributing the load—the burdens and the opportunities both.

Eve Wilson's Bridge to Wholeness

SPIRITUALHEALERS.COM

HEAL - LEARN - PARTICIPATE - STUDY

Artwork by Ani Daher. See more on her Instagram @ani.daher.

From Our Blog

WHEN THE MOUSE BECOMES AN EAGLE— A LESSON IN LIMITATIONS AND AWAKENING

By Angie Martell

Once upon a time, a little mouse lived on a farm. She was afraid of leaving her little mouse hole because she had been warned that mice that leave the hole often perish in the big bad world. Her parents, who perished long ago, had told her of the many dangers on this farm. They told her that not only creatures who walk on four legs can be dangerous— the ones who walk on two legs can be dangerous as well. This fear consumed the poor mouse such that she rarely ventured out. One day the mouse was so hungry that she left her hole, and on the way, she met a majestic eagle that wanted very much to eat her. The eagle told mouse, every day I watch you afraid to venture out, your fear keeping you close to home; why should I not put you out of your misery and eat you?

"Please, Mr. Eagle, don't eat me. I don't taste very good. If you spare me, I will help you get food since I am closer to the ground." The eagle asked, "Why should I do that?" The mouse said, "Well if you eat me, you only have a meal for a day, while if you don't eat me, I can provide you with food as long as I live, as long as you take me on your adventures. Just like you have been observing me, I have been observing you and admiring your fearlessness and independence. Please take me with you."

Eagle agreed and mouse and eagle flew into the sky to enjoy many more adventures.

FEAR CAUSES LIMITATIONS

We all have fears. But when you conquer your fears, you free yourself from the self-imposed limitations. You are your own obstacle. Fear causes the lock and the lock exists in the subconscious mind in the form of prompters that are placed there by your conscious mind. Fear is the negative use of faith. No matter how you choose to think, you are calling into existence the very things you believe in. Thought and conviction equals manifestation. There are no limits in your ability to create. Thought plus faith creates. Change the way you think, and you change the energy. Imagine the impossible for it is within your grasp. Take fear out of change. Remove that internal prompter. The story of the mouse reminds us how often we prefer to stay in our safe areas, limiting ourselves from experiencing true greatness. When we stand up to the fears we find our own solutions. Rethinking a situation is our greatest tool for transforming ourselves.

Read Martell's ten tip to new paradigm thinking on our blog.

What's Up in Our Community

Dr. Jay Sandweiss is one of the better known and most respected integrative physicians in southeastern Michigan. He is board certified by the American Osteopathic Association in neuro-musculoskeletal medicine and osteopathic manipulative medicine. He is also board certified in medical acupuncture. Learn more about Dr. Sandweiss on his website.

Medical offices were shut down for quite some time during our stay-at-home orders. How are you handling a slow reawakening of your practice?

We began seeing patients again June 1, 2020. Our philosophy and practice is "safety first." Currently, we are only scheduling patients during afternoon hours. Extra time is allotted between patient visits to assure adequate cleaning time. Patients enter the office directly into their treatment rooms through separate entry doors without ever being in the reception area, interacting with any other patients, or interacting with staff. So far everyone is pleased with our slow and mindful reawakening.

Did you develop any new habits during quarantine that you'd like to continue when this is all over?

Although it is not necessarily a completely "new habit," I have become much more mindful and appreciative of the absolute importance of addressing self-care needs of mind-body-spirit each day and particularly in the morning before beginning work. This includes exercise and mindful meditation. Also, the importance of being present, and not rushing treatment, seems paramount to a quality doctor-patient interaction.

How do you see your practice changing?

As I approach my 32nd year of solo practice as an osteopathic physician practicing integrative medicine, it is clear to me that I love my work and have no plans to retire any time soon. However, I plan to see fewer patients daily and want to expand my teaching and consulting work with other healing professionals.

What is the first thing you want to do when we are lifted from stay home orders?

The first thing I plan to do as the stay home orders are lifted is to wait and observe the net outcome in terms of whether a resurgence of Covid-19 does or does not occur. I pray and hope that things get continuously better, but as an optimistic pragmatist, I need evidence that we are all safe to proceed with increasing contact.

What one guilty pleasure have you indulged in while in quarantine?

The main "guilty pleasure," which I don't actually feel guilty about indulging in, is SLEEP!

The wonderful healing power of sleeping in! I haven't "slept in" this many days in a row since my teenage years on summer vacations.

In closing, I would like to say that this pandemic experience has changed our world in profound and lasting ways. I don't think we will ever really go back to living our former lives in the same way. For those who suffered, suffer, or have died, my heart goes out to them. To the incredibly selfless and courageous front line workers, we owe them so much respect and gratitude. If there has been any positive to come out of all of this it is precisely that—gratitude. A true appreciation for friends, family, and all the good and great things that we have in this world. This quarantine time has hopefully given people more time to think about what is truly important and precious in their lives.

5 Questions for author Pauline Loewenhardt

When did your first realize that you were a storyteller?

I have always loved stories of all kinds and was a reporter on my high school newspaper. I decided to become a freelance writer as I was planning my retirement from a 50+ year professional nursing career. I have a thick folder of clips with my stories for various magazines, one newspaper, and I continue today to write.

What inspired the story of your latest book?

My latest book was inspired by finding my father's Jewish relatives in the mid 90s. We have now known each other for over two decades and I knew I had to write about it. I began writing it in 2012 after I took a memoir-writing class at Washtenaw Community College. We also persuaded the professor to host a private writer's group in his home. The group and Jas Obrecht, the professor, critiqued each chapter as I wrote it, their names are listed in the acknowledgments of my memoir.

What is it that you love about books/stories?

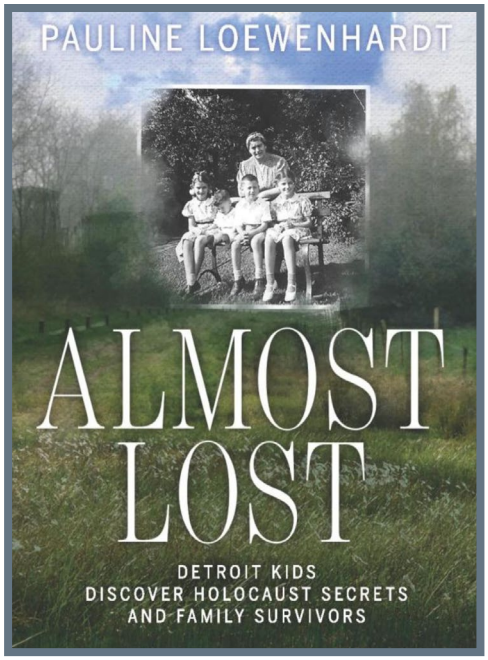
Books and stories are a true Magic Carpet that can take you on wonderful adventures all over the planet and even out of this world and into other worlds. My first grade teacher, Sister Rosella, told my parents, "she devours books." Even though my parents didn't have a lot of money, they found a way to purchase a set of encyclopedias, *The Book of Knowledge*, and my siblings and I devoured them all through our childhood. One of my jobs as a young teenager was to dust the living room furniture. Invariably, I would pick up a book of Knowledge and start reading, and my mama would come in and scold me for not finishing my chores.

As a child, what did you dream of becoming when you grew up?

That same Sister Rosella inspired us with stories of the Maryknoll nuns who worked as missionaries with people in China and other countries in the east. We contributed our pennies to help them. So, of course I wanted to be a Maryknoll nun when I grew up. I practiced at home by telling my mother to just give me a bowl of rice for dinner. However, at age ten, when I was diagnosed with polio, I decided to become a nurse, and that's what I did. My physical therapist told me "I've been working out in the field this morning, you probably think I was out picking daisies." But I knew exactly what she meant and I was insulted that she thought I was ignorant. That was the moment I decided to become a nurse. I attended Mercy College in Detroit and because of the polio, Vocational Rehabilitation paid all my expenses. It was a good thing, because my parents could really not afford the tuition even though it was quite reasonable. I wanted to go to a four year program because then I could take some literature classes during the first two years of the program.

What was one of the most surprising things you learned about yourself when writing this book?

I began keeping a journal in 1979 and I learned how valuable it was as I was writing the book, because I found information that I had forgotten when I went back and read them. I started with the present day and worked my way back to the very beginning. It was interesting and I learned so much. Periodically now, I reread parts of my journal, which is now on my computer since writing by hand is difficult for me as I have tremors in both hands.



You can purchase a copy of Loewenhardt's book, *Almost Lost: Detroit' Kids Discover Holocaust Secrets and Family Survivors* at shopcrazywisdom.com.

Lepidolite

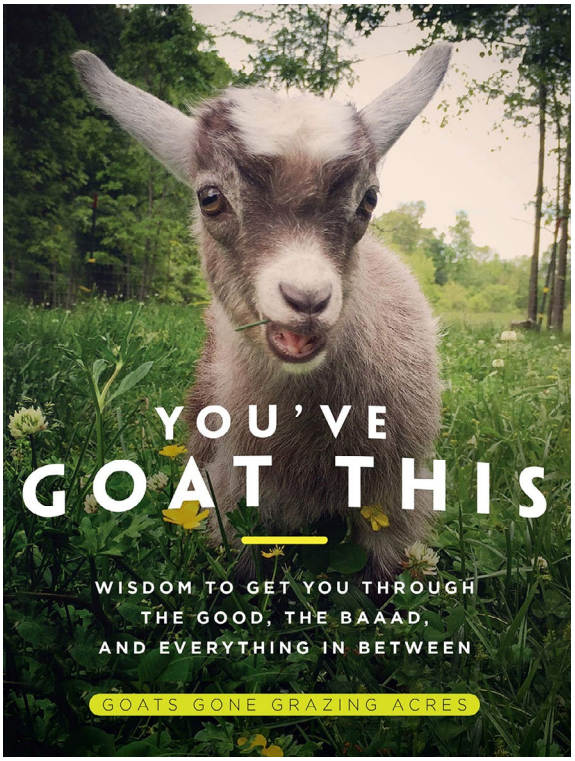
By Carol Karr

Lepidolite is an excellent stress relief stone, as it contains lithium which is used in anti-anxiety medications. Unlike lithium, lepidolite doesn't require a prescription and side effects include a sense of calm and tranquility during times of stress and chaos. It is a calming stone that will help you if you are feeling anxious, stressed ,or depressed. It brings emotional healing and helps you get deeper into meditation.

Crazy Wisdom Book Pick of the Week

By Sarah Newland

You've Goat This: Wisdom to Get You Through the Good, the Baaad, and Everything in Between
by Goats Gone Grazing Acres



Fearless, fleet-footed, and full of curiosity, good-natured goats have it all. In this motivating guide to self-improvement, the stars of the popular Instagram Goats Gone Grazing teach us to take life by the horns.

This powerful guide features two hundred personality-packed photos of the adult and baby goat stars of Goats Gone Grazing on their Kentucky farm and gives affirming advice to shepherd you through the good, the baaaad, and the graze-y. Sections cover health, romance, family, work, and finding yourself. It's time to stop being riddled by your human insecurities. Here, at last, is the advice you need to goat for it!

Click here to purchase a copy of *You've Goat This*.

COMFORT FOOD

Adapted by Angelas Madaras from the Ottolenghi Collection

Harrisa Shrimp and Saffron Rice stuffed Italian Sweet Frying Peppers with Kohlrabi, Apple, and Beetroot Salad

Serves 4

Ingredients for the Shrimp and Saffron Rice:

- 1 Or more pounds of shrimp
- Harissa Paste (medium heat)
- Lime Juice
- Pink Salt
- 4 Serving package of saffron rice
- 2 Large Italian red sweet frying peppers
- Black pepper
- Grated cheese like asiago, pecorino, or feta
- 1 large egg
- Bread crumbs
- Freshly cut parsley, andcilantro
- Finely cut garlic
- Olive oil

Ingredients for Kohlrabi, Apple, and Beetroot Salad:

- 2 Large kohlrabi
- 3 Apples
- 2 Medium beetroot
- 40 Grams of Coriander, roughly chopped, plus extra for garnish
- 1 Garlic clove, crushed
- 55ml Cider vinegar or white vinegar
- 50ml Extra virgin olive oil
- Salt and pepper

Soak one or more pounds of shrimp in a half jar of medium heat Harrisa paste for two hours in the refrigerator. While the shrimp are marinating turn them every once in a while so all shrimp are coated well. Add a little lime juice and pink salt.

While shrimp soak up goodness and flavor, cook a bag of saffron rice as per directions on the bag. It takes about 20 minutes total on low heat after the water boils. When it is ready, set aside and bring out your shrimp. Cut the two large Italian red sweet frying peppers in half and scoop out the seeds and white pulp. Preheat your oven to 350 degrees and lay peppers in a parchment paper lined casserole dish.

Take half of the rice and place in a large mixing bowl. Add black pepper, more harrisa sauce, grated cheese, one large egg, and bread crumbs to the rice, and mix together. Then add some freshly cut parsley and cilantro, as much as you like. I always add finely chopped garlic. Stuff the peppers with this mixture and add a little olive oil on top. Sprinkle more breadcrumbs and cheese on top, too. Bake the stuffed peppers for half hour to 45 minutes. May need to turn the dish once and check it a couple times to make sure it is cooking evenly. You may need to turn down the heat. I have added corn and peas to this at times as well as sautéed onions. Spinach, or any greens in your freezer, pantry, fridge ,or garden are a nice touch as well.

Now, take the shrimp from the fridge and place them on a wooden, well-oiled kabob stick(s) and place on a grill or in a hot pan on the stove. You could also wrap the shrimp in foil and bake for 20 minutes in the oven with the peppers. Drizzle fresh lime juice, salt, and pepper over shrimp before serving on the same plate with the stuffed peppers.

I made a tangy apple, beet, and rutabaga salad with lime, cider vinegar, and olive oil. You can also have rice on the side, but I found there was plenty in the peppers. I also toasted crusty French bread and spread harrisa on top. It was so flavorful without too much heat. The lime and sweet pepper-shrimp worked well with the crunchy salad.

Why just eat, when you can eat creatively!

Find more interesting recipes on Angela's Guide!

Local Entrepreneur Turned Her Yogi Lifestyle Into a Yogi Brand

By Yvonne Tomei

It's a beautiful summer day, you're craving something sweet but, you're on that diet you told yourself you're finally sticking to this month. You're about two seconds from breaking if you hear that ice cream truck drive around your block one more time. Then you remember, you have a Lotus Yogi Bowl in your freezer from the previous day! Organic pink dragon fruit açaí, topped with kiwi, strawberry, mango, granola, and... wait for it...local Michigan honey gathered from Jona Sulejmani's bee farm!

Jona (Yo•Nah) Sulejmani, 25, of Dearborn believes in living an organic, wholesome, natural, and holistic lifestyle. She wants to share her talents and interests with surrounding communities in hopes to connect and heal. I got a chance to sit down and chat with this sweet soul on how Yogi Bowls came to fruition.

"I originally started making Yogi bowls for myself when I suffered from gastrointestinal issues and iron deficiency. These bowls helped me tremendously and I wanted to spread the health and natural healing through raw and organic food. We are all able to naturally heal our bodies through food and mindset"

If you're not familiar with the tasty snack, originating in Brazil, the açaí bowl is made of frozen acai palm fruit that is pureed and served as a smoothie in a bowl or glass. Each of Sulejmani's Yogi bowls are non-gmo, plant based, and 100% vegan. Her Acai flavor menu ranges from strawberry, mango, pink dragon fruit, to blue spirulina.

Sulejmani makes her bowls by blending organic açaí packets with organic fruits that are frozen. During the summer months' kale from her garden is incorporated into some of the bowls. The toppings are various fruits, nuts, and seeds, each bowl is customizable just for you.

Some of these toppings come from the heart and are very special to Jona. The Yogi honey comes from Jona's bee farm. The bees gather pollen from wild flowers and lavender and each bowl is topped with this delicious and natural honey.

Honey has so many natural healing properties from being antibacterial, anti-inflammatory, and promoting wound repair. Additionally, bee venom is used for holistic medicine by curing arthritis for 6 months to 1 year. It's also great for regulating blood pressure and cholesterol.

Another one of the toppings she offers is her homemade organic Yogi Butter, which you are able to purchase by the jar.

"Yogi Butter" is my homemade almond butter! The almonds are toasted on a pan, roasted in the oven, then blended for six hours until it turns into almond butter. All of the spices used for the almond butter and the almonds are organic as well. I make it fresh in-house daily along with the Yogi Bowls because they're both in such high demand right now"

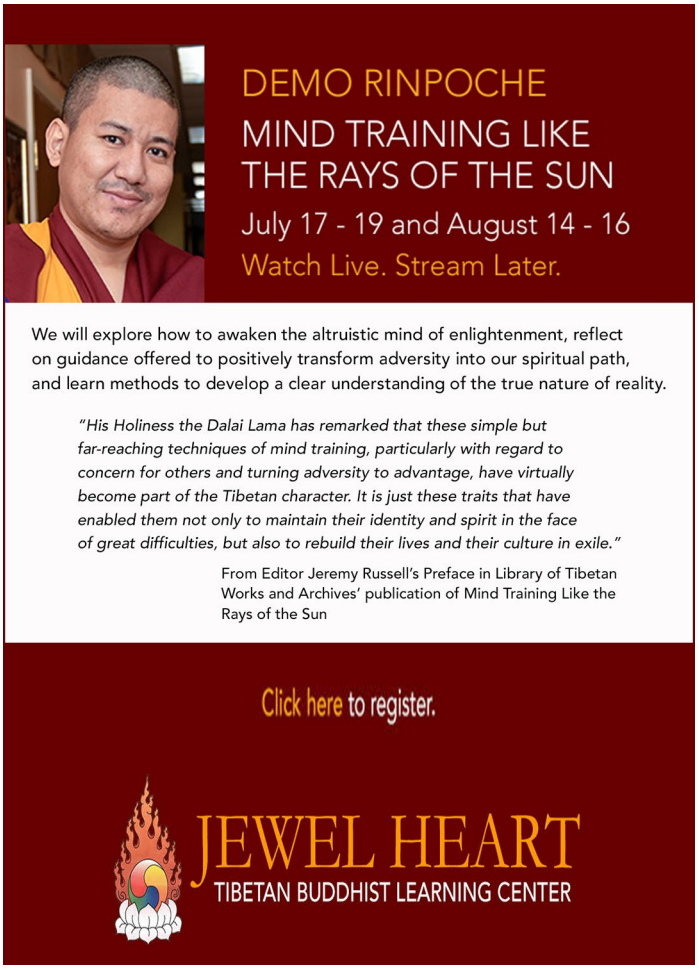
Along with the purchase of your bowls, Jona leaves you with an inspiring mantra on your to-go bag. The mantras stem from her yoga practice and what has helped her, they are messages and support to those who need it.

"I want the mantras to resonate with people and bring peace and reflection to them."

Not only do you leave with tasty acai bowls but, you are also given a message of inspiration. From Sulejmani's homemade Yogi bowls, to local Michigan honey, to her homemade organic Yogi Butter, she has many more plans up her sleeve and wants to continue to spread her holistic lifestyle to other people.

To order a customizeable Yogi Bowl, you can place your orders by calling (313) 286-1767 Tuesday through Sunday from 5 p.m. to 12 a.m. Follow her on Instagram: @yogibowls_ or @yonatheyogi. *See a Yogi Bowl menu here.*

Jona Sulejmani, creator of the Lotus Yogi Bowl


DEMO RINPOCHE
MIND TRAINING LIKE THE RAYS OF THE SUN
July 17 - 19 and August 14 - 16
Watch Live. Stream Later.
We will explore how to awaken the altruistic mind of enlightenment, reflect on guidance offered to positively transform adversity into our spiritual path, and learn methods to develop a clear understanding of the true nature of reality.
"His Holiness the Dalai Lama has remarked that these simple but far-reaching techniques of mind training, particularly with regard to concern for others and turning adversity to advantage, have virtually become part of the Tibetan character. It is just these traits that have enabled them not only to maintain their identity and spirit in the face of great difficulties, but also to rebuild their lives and their culture in exile."
From Editor Jeremy Russell's Preface in Library of Tibetan Works and Archives' publication of Mind Training Like the Rays of the Sun
Click here to register.
JEWEL HEART
TIBETAN BUDDHIST LEARNING CENTER

The Crazy Wisdom weekly Calendar

Movement and Dance

Zoom Dances of Universal Peace with Judy Lee Nur-un-nisa Trautman • July 3 • 7 p.m. Music for Dances of Universal Peace will be presented for meditation and creative virtual dancing at home. For more information visit her online or email jltrautman@sbcglobal.net.

Online Workshops

Metaphor & the Body—an Online Writing Workshop with Julie Mariouw of Wellspring Writing Workshops • July 7 • 6:30 p.m. An 8-week online writing workshop exploring the power of metaphor in creative writing, and its intimate association with the body. For more information visit Visitwellspringwritingworkshops.com or email julie@wellspringwritingworkshops.com.

Write with Color—an Online Writing Workshop with Julie Mariouw of Wellspring Writing Workshops • July 9 • 6:30 p.m. Write with Color—an online writing workshop designed to help writers experience greater artistic freedom, and perfect their writing skills. For more information visit Visitwellspringwritingworkshops.com or email julie@wellspringwritingworkshops.com.

Basic Journeying: The Art of Shamanism for Practical and Visionary Purposes in Daily Life • July 11 & 12 • 9 a.m • The shamanic journey is an easy and powerful tool we can use to access spiritual information. In this class, you will meet and begin to develop a relationship with a compassionate spirit or power animal who is coming forward to help you at this time in your life. You will learn techniques to help you develop a self-directed practice of empowerment, allowing you to move safely, intentionally through the world in a balanced way. This class is a prerequisite to ongoing and more advanced shamanic studies. The class will be taught online via ZOOM. To register call Judy Ramsey at 734.665.3202. Fee: $150 per person. More information can be found on the website.

Artwork by Jennifer Carson

Play is the highest form of research.

—Albert Einstein

Get your calendar listings in by Monday morning at 10 A.M. for the next Crazy Wisdom Weekly Issue!
Send your listing in here.

Please remember to be kind and gentle during these historic times in which we live. Every life matters. Wear masks, stay six feet or more apart, look people in the eyes with compassion and empathy, and help those in need. One day your grandkids, or some younger folks, will ask you what these times were like. I will tell them we ate well, lived creatively, and we learned how to be kind and thoughtful as a human race. We learned to think outside of social constructs, color, race, gender, and all those things that should make us a beautiful collage of human spirit and embodiment. We learned to love and got rid of hate. We used our brilliance and creativity to bring ourselves closer to the source of life from where we all flow. We learned how to be human.

—Angela Madaras